

## PRAYER / REFLECTION for February 2019



I am sure most of us can think back of a person caring for us in a special way when we were young.

Let us just do that today.

Think of the love and care we received.

Let us feel the presence of these seeds of love and care in our own heart.

Let us 'water' the seeds and give them lots of light and space  
so they can spout and grow and bloom and blossom into  
a wonderful forest of love and care.

As we do so we will become the planters of seeds  
in the hearts of our own family, friends, neighbours, and communities.

**Plant seeds of happiness,  
hope, success, and love;  
it will all come back  
to you in abundance.  
This is the law of nature.**

We thank you Lord for all the people who have cared for us during our  
lives, whether we were aware of it or not.

We thank you for the influence many people have had on us -  
our families, colleagues, students, patients,  
those we have served in our ministries.

We pray that we have influenced others for good and sown seeds of love  
and good values.